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PACIFIC OCEANIC FISHERY
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SOME SOUTH AMERICAN FISH RECIPES 1/

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Caldillo de Congrio 2/
(Fish stew)

3/4 kilo (1-1/2 lbs. congrio)
1/2 cup white wine
1 No. 1 can tomato sauce
1/2 cup olive oil
2 onions, medium-size
3 potatoes
2 cloves garlic
Bunch of soup herbs
Salt and pepper to taste

Fry onion lightly in oil, parboil the potatoes, cut the fish in slices and sprinkle with lemon juice. Season with salt and pepper. Place in an earthen-ware pot (or casserole) a layer of onions, a layer of sliced potatoes. Next add the fish, then the herbs, and finally the remainder of the onions and potatoes. Pour oil, tomato sauce, and wine over the top. Bake in a moderate oven for half an hour. Remove the herbs before serving.

Lenguado al Horno
(Rolled baked sole)

Wash and drain 6 serving-size portions of fillet of sole or flounder. Dust each fillet with flour seasoned with salt and white pepper; roll and tie with string, or skewer with toothpicks. Place in a baking dish on well-buttered oiled paper, cover with a second sheet of oiled paper, and bake in a hot oven for twenty minutes.

Sauce.--Make a fish stock by boiling bones and scraps of fish, or by boiling a fillet in a small quantity of water. Mix 1 tablespoon butter and 1 tablespoon flour as for bechamel sauce. Add 1 tablespoon good white wine, then sufficient strained fish stock to make a thin sauce (about 1-1/2 cups). Heat the sauce, adding 1/4 cup chopped cooked shrimp. Pour sauce over baked fillets. Serve hot.

1/ These recipes have been collected by the author from original sources in Peru.

2/ Congrio (cusk eel) is preferable, but any white-fleshed fish may be used.

Corvina Asada con Salsa de Huevo 3/
(Baked weakfish with egg sauce)

Cut a fish weighing about 2 pounds into six serving-size portions and place in a baking dish with a slice of raw onion and carrot on each piece. Squeeze the juice of a lime over the fish and add pepper and salt to taste. Pour 1/2 cup of olive oil over the fish. Bake in a moderate oven (about 375°F). When done, remove the liquid from around the fish, add the yolks of two eggs, and stir slowly over the fire until the sauce thickens.

Lenguado Asado con Salsa Almendras
(Baked flounder with almond sauce)

Arrange 1 sliced onion, 1 bay leaf, a little thyme, and 6 whole black peppers in a greased baking pan. Place 2 pounds of flounder fillets (or any other white-fleshed, lean fish) cut in 6 portions, on the layer of seasoning. Pour almond sauce over the fish. Bake uncovered in a moderate oven (375°F) for 35 to 40 minutes.

Almond sauce.--Chop fine 1/2 cup toasted almonds, and put in sauce pan with 2 tablespoons olive oil, 1 minced onion, 2 tablespoons minced parsley, 1 bouillon cube dissolved in 2 tablespoons boiling water. Cook slowly for 5 minutes. Remove from stove and add 1 tablespoon lemon juice, stirring slowly.

Arroz con Pescado
(Fish with rice)

2 lbs. fish
1 cup rice
1-1/2 cups water
3 cloves garlic
2 tablespoons butter or olive oil
2 chili peppers, dried and toasted

Although any kind of fish may be used in the preparation of this dish, the corvina (weakfish) is generally used.

Put the water on to boil. Salt to taste, and add three cloves of garlic well ground. Bring to a boil. Add the rice and, when boiling is resumed, put in the fish. Cover and let simmer. As soon as the water is consumed, add the butter without stirring, and the chili peppers. One-half cup cooked green peas is sometimes added to the rice and fish stew.

3/ Striped bass (rockfish) may be substituted.

Arroz con Camarones [4]
(Crayfish with rice)

2 dozen crayfish
(or 1/2 can shrimp)
1 cup rice
1-1/2 cups fish stock
3 cloves garlic
2 tablespoons lard

The unpeeled camarones (crayfish) are washed, then steamed or boiled gently in unsalted water and peeled. Cook rice and crayfish as directed in the recipe for fish with rice; but, instead of boiling water, use the stock from the camarones. Fish stock; chicken, or beef broth, may be used with canned shrimps.

Arroz con Conchas
(Scallops with rice)

1 cup scallop meats
1 cup rice
3 cups fish
3 cloves garlic
2 tablespoons olive oil

Chop scallop meats coarsely and prepare in the same way as for Arroz con Camarones.

Bacalao Guisado
(Salt codfish stew)

1 lb. salt cod
1 No. 2 can tomatoes
1/4 cup olive oil
2 cloves garlic
Pepper and marjoram to taste

Soak the codfish in water overnight to remove the salt flavor. Next day, put half the olive oil in a stew pan together with the garlic, mashed to a paste, pepper, marjoram, and tomatoes. Cook until done. Cut the codfish into small pieces, remove the skin and any large bones. Cover the fish with water and simmer over a low fire until the water is consumed. Fry quickly in the rest of the olive oil so that the fish will be juicy when cooked. The fish will not burn if the pan is shaken constantly while over a hot fire. Cover with the tomato sauce and garnish with boiled potatoes. [5]

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[4] Shrimp may be used in place of crayfish.

[5] The native "yellow" potato is used in Peru, but the white potato may be used as a substitute.

Bacalao en Vinagre
(Codfish in vinegar)

Shred a pound of salt codfish and marinate for one hour in a cup of strong vinegar with a piece of chili pepper and a whole Castille pepper. Pound 3 or 4 cloves of garlic in a mortar and mix with 3 tablespoons olive oil. When the paste is like thick syrup, pour on the codfish. Cover the soup plate with another; wrap and tie both with a table napkin. Shake vigorously for several minutes, and the dish is ready to serve without further preparation.

Bacalao a la Vizcaina
(Salt cod Spanish style)

1 pound salt codfish
2 cups canned tomatoes
2 large onions
1 red sweet pepper
2 tablespoons flour
4 tablespoons olive oil or butter
2 cloves garlic
4 sprigs parsley
2 bay leaves, thyme
Salt and pepper to taste

Soak the codfish overnight. Place in a pot with enough cold water to cover and boil for 45 minutes. Remove any bones and set aside to cool until sauce is finished. Arrange on dish with border of croutons and cover with sauce. Bake for 10 minutes in oven.

Sauce

Fry one onion and a clove of garlic in a tablespoon of olive oil (or butter) until soft and yellow. Add tomatoes together with the bay leaves, parsley, and thyme chopped fine, and another tablespoon of oil. Season with salt and pepper to taste. Simmer slowly for 1-1/2 hours. Strain and blend the flour with a tablespoon of oil until there are no more lumps; cook until light brown; and add to sauce, stirring slowly, for five minutes. Chop second onion and garlic fine, and cook until brown. Chop sweet pepper fine. Add to sauce, stirring thoroughly.

Camarones en Picante

50 crayfish
3 tablespoons lard
2 large onions
2 tablespoons fresh cheese
3 chili peppers
1 clove garlic

Boil the crayfish lightly in just enough water to cover, then shell carefully. Fry the meats with lard, onion (chopped fine), garlic (ground), peppers, and crumbled fresh cheese. When done, arrange on a plate.

This stew is served with boiled potatoes and green corn.

Sometimes the dish is garnished with boiled yellow potatoes 6/ and sliced, hard-boiled eggs, and covered with a highly seasoned sauce.

Chupe Limeno
(Thick soup of lima)

3 lb. corvina 7/
2 tomatoes
2 large onions
2 potatoes
2 eggs
2 tablespoons rice
1/4 cup cooked shrimps
1 quart water or milk
3 tablespoons crumbled fresh cheese
1 chili pepper, marjoram and salt to taste

Fry small piece of corvina (sea trout or weakfish) or other fish which does not have many bones. In a separate pan, fry sliced tomatoes and onions and minced garlic, with salt and marjoram to taste.

When done, add the potatoes (peeled and sliced), water or milk, rice and shrimp. If the mixture is too thick when the potatoes are done, add more water. Add one or two beaten eggs and the cheese. Cook a few minutes longer. Lastly, take the pot off the fire and add a dried chili pepper well-toasted. Let stand a few minutes before serving.

Place the pieces of fish in a deep dish and cover with the mixture.

Escabeche
(Pickled fish)

The escabeche is prepared in Lima in a different manner than in Spain where it was originated. In the capitol city, oil is the basis of this stew; while in Spain vinegar is used in greater proportions.

3 lbs. fish
2 cups olive oil
1/2 cup vinegar
2 large onions
2 bay leaves
Chili peppers, whole black peppers, garlic, cumin seed, and marjoram, to taste

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6/ Yellow potatoes are not sweet, but a special Peruvian variety of the common or "Irish" potato with yellow flesh. They can be grown only in certain parts of South America. White potatoes may be substituted whenever yellow potatoes are called for, though the connoisseur of South America cookery might consider them inferior.

7/ Any lean fish without too many bones may be used.

Take sliced onions, chili peppers, garlic, black pepper seeds, cumin seed, and marjoram and cook in 1-1/2 cups oil. Fry the pieces of fish in this mixture. When cool, add the vinegar and allow to marinate for two or three hours. Place in a dish and pour on the rest of the oil. Garnish with olives, sliced hard boiled eggs, and lettuce leaves.

Escabeche has a better flavor on the second day.

Jalea
(Fish jelly)

In general, the word "jelly" is given to certain sweet fruit preserves; but in Lima, Peru, a special preparation of lisa (mullet) is called fish jelly.

Take as many fish as are required; open them along the back to lie open in a single piece. Wash thoroughly, then make many incisions in the flesh. Rub the flesh well with finely ground salt. Then nail on a wall, flesh side out, to dry for 24 hours. Take the fish down, rub ground chili peppers into the flesh and grill them. When taken from the fire, garnish well with chopped raw onions, and pour sour orange juice over them.

Pejerreyes Arrebosados
(Smelt fried in batter)

Place water in a sauce pan on the fire and, when it starts to boil, place a grid-iron or piece of thin linen over the top. The pejerreyes which have been previously opened and scaled are placed on top; thus the insides will be heated and the spine can be taken out easily. Care must be taken so that the fish are not cooked through. Some prefer to avoid cooking at this stage and take out the backbone after rubbing the inside of the fish with lime juice.

Make a batter of beaten eggs to which has been added a little salt and a tablespoon of flour. Dip the pejerreyes into the batter and fry in plenty of hot lard. Before serving, minced parsley and hard-boiled egg may be sprinkled over the top.

Pejerreyes Rellenos
(Stuffed smelt)

2 lbs. smelt
1 onion, ground
1 hard-boiled egg, ground
2 tablespoons lard
1 piece bread
1 clove garlic, ground
3 sprigs parsley, minced
Salt, white pepper, marjoram to taste

Fry the ground garlic, onion, egg, and a piece of soaked bread, in lard. Season with pepper, salt, and marjoram. Mix well. Open the fish

and dip them in hot water, one by one, so as to loosen the bones which are then removed. Fill the fish with the mixture, sewing or tying with thread to keep the stuffing from falling out. Grill in a frying pan or in the oven, with a little lard.

Seviche de Camarones
(Pickled crayfish)

50 camarones (crayfish)
2 onions
1 cup sour orange juice
Salt, ground chili, and pepper to taste

The camarones (crayfish) are washed and peeled when they are raw. The meats are then placed in a flat dish with the onions sliced fine. Season with salt and ground chili pepper to taste. Cover with the sour orange juice.[8/] After standing three or four hours in the juice they will be ready to serve.

This is an appetizing dish and is more digestible than when made from stewed camarones.

Seviche de Conchas
(Pickled clams)

2 doz. hard clams
1 large onion
1 cup sour orange juice
Salt and ground chili pepper to taste

Wash clams thoroughly, then remove shells and dark "stomach" mass. Place in a dish mixed with sliced onions. Season with salt and ground chili pepper. Cover with sour orange juice. Let stand for two or three hours when they are ready to serve.

Seviche de Corvina
(Pickled sea trout, or weakfish)

2 lb. corvina
2 large onions
1 clove garlic
1 cup sour orange juice
3 green chili peppers
Salt and ground cayenne pepper to taste

Scale and clean the fish thoroughly. Fillet, removing the backbone, then cut the flesh into half-inch cubes. Wash and drain the diced fish. Place in a dish, cover with sliced onion in which a clove of ground garlic

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8/ The sour orange is a special variety of the fruit and not an unripe orange. It is not distributed widely in this country, though found in Florida. The juice of green limes may be substituted, but is considered less desirable.

has been mixed. Season with salt to taste, and pour over the whole, sour orange juice in which a little Cayenne pepper has been dissolved. Lastly, place the sliced green chili peppers around the fish. Let stand for four hours, more or less, to become well saturated with the sauce.

If sour oranges cannot be obtained, they may be replaced by grape ver-juice or tartaric acid dissolved in water. Do not use lemon. Of the several kinds of seviche, this is the most appetizing, nutritious, and digestible.

Sopa de Camarones
(Crayfish soup)

50 crayfish
1/2 lb. ham, minced fine
1 cup canned tomato
1/2 cup canned mushroom
2 carrots
2 tablespoons butter
2 tablespoons flour
1 tablespoon lard
1 large onion
1 clove garlic
1 dozen shelled almonds
1 dozen all spice, herb bouquet

Wash crayfish, and boil in unsalted water; save water. Shell meats, and save shells. Put heaping tablespoon of lard in pot, small bunch of sweet basil, parsley, and a couple of bay leaves. When melted and hot add carrots, onion, garlic, all minced, and herb bouquet. Add ham when onions are light brown. Add flour and batter, well blended together, mushrooms, chopped fine. Simmer 5 to 10 minutes, add tomatoes and allspice. Pound crayfish shells very fine and add these.

Take crayfish meats and almonds, pound in a mortar, and add the mixture to the soup after about ten minutes longer. Pour in water from boiling crayfish and simmer at least two hours.

Strain and serve with finely chopped hard-boiled egg in the soup.

Torrejas de Camarones
(Crayfish fritters)

2 dozen crayfish
1 egg
1 tablespoon flour
1 teaspoon chopped onion
Salt and pepper to taste

Simmer the crayfish: shell them, discarding the head and claws but retaining the tail on the body. To make the fritter batter, beat the egg, add the flour, chopped onion, and seasoning to taste. Add the crayfish and, with a large spoon, take them one by one from the batter and fry in hot lard.

Torrejas de Pescado
(Fish fritters)

1 pound fish
1/2 cup water
2 eggs
2 tablespoons flour
2 tablespoons butter
Salt and pepper to taste

Simmer the fish in water, salted according to taste, until done. Remove the skin and bones. Knead the meat, adding pepper and butter. Mix with water to which flour and beaten eggs have been added. Make into small cakes. Fry in hot lard.

Tortilla de Camarones
(Crayfish omelet)

Take one cup of cooked crayfish meats, chopped coarsely. Make an omelet by any standard recipe. Just before folding over, add the crayfish meats and finish cooking. Shrimp may be used in place of crayfish.

Empanodas de Camarones
(Crayfish tarts)

Cook 2 tablespoons chopped onion, 2 tablespoons chopped celery, and 1 tablespoon chopped green pepper until soft, in one heaping tablespoon butter or fortified margarine. Stir in 1 cup chopped, cooked crayfish or shrimp, fresh cooked or canned. Cook 2 or 3 minutes longer. Add 1 cup canned tomatoes and 1 tablespoon chopped parsley. Season to taste with salt and pepper. Simmer for 5 minutes longer. Add 4 or 5 sliced ripe olives and 1 chopped, hard-boiled egg. Mix well.

Make a pie paste using a beaten egg as part of the liquid, and chill 2 hours. Roll out thin, cut rounds of pastry, place on them 1 scant tablespoon of the mixture and fold over, crimping the sides. Arrange on a cookie sheet, brushing the tops with beaten egg and milk. Scatter on them a few grains of paprika. Bake in a hot oven until done (20-25 minutes).

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